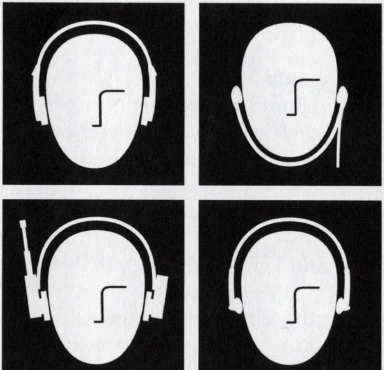
Read this important information before using your headset.



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Dear Customer:

Selecting fine audio equipment such as the unit you've just purchased is only the start of your musical enjoyment. Now it's time to consider how you can maximize the fun and excitement your equipment offers. Sony and the Electronic Industries Association's Consumer Electronics Group want you to get the most out of your equipment by playing it at a safe level. One that lets the sound come through loud and clear without annoying blaring or distortion and, most importantly in a way that protects your sensitive hearing.

Sound can be deceiving. Over time your hearing "comfort level" adapts to higher volumes of sound which could be harmful to your hearing. Guard against this by setting your equipment at a safe level BEFORE your hearing adapts.

To establish a safe level:

- Adjust your volume control to a low setting.
- Slowly increase the sound until you can hear it comfortably and clearly, and without distortion.

Once you have established a comfortable sound level:

- Set the dial and leave it there.

Taking a minute to do this now will protect your hearing in the future. After all, we want you listening for a lifetime.

We Want You Listening For A Lifetime

Used wisely, your new sound equipment will provide a lifetime of fun and enjoyment. Sony and the Electronic Industries Association's Consumer Electronics Group recommend you avoid prolonged exposure to excessive noise. This list of sound levels is included for your protection.

Decibel Level	Example
30	Quiet library, soft whispers
40	Living room, refrigerator, bedroom away from traffic
50	Light traffic, normal conversation, quiet office
60	Air conditioner at 20 feet, sewing machine
70	Vacuum cleaner, hair dryer, noisy restaurant
80	Average city traffic, garbage disposals, alarm clock at two feet
THE FOLLOWING NOISES CAN BE DANGEROUS UNDER CONSTANT EXPOSURE	
90	Subway, motorcycle, truck traffic, lawn mower
100	Garbage truck, chain saw, pneumatic drill
120	Rock band concert in front of speakers, thunderclap
140	Gunshot blast, jet plane
180	Rocket launching pad

Information courtesy of the Deafness Research Foundation.

SONY

Traffic Safety Tips

- Do not use your unit while operating a motorized vehicle or bicycle. It may create a traffic hazard and is illegal in many areas.
- You should use extreme caution or temporarily discontinue use in potentially hazardous situations.
- Even if your headset is an open-air type design to let you hear outside sounds, don't turn up the volume so high that you can't hear what's around you.

REMEMBER ....
USE YOUR HEAD
WHEN YOU USE
YOUR HEADSET.